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HRP'S TOP COP STEPPING DOWN

FRANK BEAZLEY TO RETIRE IN SEPTEMBER PAGE 3

HALIFAX

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Tuesday, April 17, 2012



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in the morning."**

Q104

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Moose on verge of history



The Halifax Mooseheads' Konrad Abeltshauser, centre left, is congratulated by teammates including Jonathan Drouin and Nathan MacKinnon, right, after scoring the second goal against the Quebec Remparts during first-period playoff action Monday night at the Colisée Pepsi in Quebec City. The Mooseheads went on to win 5-2. More coverage, page 16. JACQUES BOISSINOT/THE CANADIAN PRESS

Playoffs. One more win and Halifax is etched in the QMJHL record books with one of the greatest comebacks of all time



MATTHEW WUEST
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The Halifax Mooseheads arrived in Quebec City riding a wave of momentum and didn't let a raucous crowd at Colisée Pepsi slow them down.

Despite a deafening roar from 11,781 fans that completely drowned out the pre-game national anthem, the Mooseheads scored 74 seconds in and didn't let up from there, pushing hard until the final buzzer to post a 5-2 victory in Game 6 of the QMJHL quarter-final.

With Game 7 on Tuesday in the same building, the Mooseheads could become just the fourth team in league history to come back from a 3-0 series deficit and win.

"We're right where we want to be," said Mooseheads forward Brent Andrews outside an upbeat dress-

MacKinnon nears record

Nathan MacKinnon's second-period goal was his 11th of the playoffs, one shy of the Halifax Mooseheads' franchise record of 12 set in 1996-97.

ing room after the game. "When they were up 3-0 (in the series), it was a big mountain to climb. But we just took it game by game and we're more than happy to be playing in Game 7 (Tuesday) night."

The Mooseheads had a 2-1 lead after the first period with goals from Travis Randell and Konrad Abeltshauser, and they pulled away in the second after five straight penalty kills when Jonathan Drouin and Nathan MacKinnon scored in the final five minutes of the frame to make it 4-1.

Puck drop on Tuesday is at 8 p.m., with a spot in the QMJHL semifinals up for grabs.

"It's the biggest game of my career and for a lot of others," Randell said. "Everyone's excited, especially coming back from a 3-0 deficit, against a team like Quebec.... It's special for sure."



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Shoppers Drug Mart

Man found unconscious after swallowing pills in robbery: Police

Police say a man who allegedly robbed a Halifax drug store of prescription drugs was later found unconscious after consuming most of the pills.

Halifax Regional Police say at 10 p.m. on Sunday, they were called to the Shoppers Drug Mart at 6139 Quinpool Rd. after the suspect entered the store with a knife and demanded pills from the pharmacist.

After swallowing most of them, he fled the scene, but was later located unconscious when police searched the area for him.

"Unfortunately, a lot of these types of crimes are done by people who have addiction problems," said police spokesman Const. Brian Palmeter, who added he didn't know how many pills were stolen.

The 33-year-old was taken to hospital with non-life-threatening injuries and is charged with robbery and possession of a weapon.

PHILIP CROUCHER/METRO

Steroids

3 men charged with trafficking steroids

Police have charged three men after seizing thousands of empty and filled gel capsules from an apartment in Halifax.

The RCMP say officers executed a search warrant last month at an apartment on Lower Water Street and found 60,000 empty and 1,000 full gel capsules; 5,000 empty vials; and unused labels for steroid distribution.

Police say about five litres of unknown liquids and one kilogram of an unknown powder were also seized. **THE CANADIAN PRESS**



Halifax Regional Police Chief Frank Beazley walks down the stairs at HRP headquarters on Gottingen Street to speak with reporters Monday. Beazley announced he is retiring in September. RYAN TAPLIN/METRO

Beazley bidding adieu to police

Retiring. HRP chief will continue his work with the United Way



JENNIFER TAPLIN
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A new summer home and 10 acres of paradise in Shelburne County was just too much to resist.

"When I got in the car to go home, I thought I really don't want to go back (to work)," said Halifax Regional Police Chief Frank Beazley. "I got really thinking about what I could do reasonably if I stayed longer and what I couldn't do and I

Quotable

"He's committed not only to the citizens of Halifax, but to the force, and he truly wants to make the city as good a place as possible."

Const. Brian Palmeter, media relations officer who works closely with Beazley

made the decision after I talked to my wife and family."

After 42 years on the job — the last nine as chief — Beazley, 63, announced at Monday's HRM police commission meeting that he will be retiring in September.

It was April 1, 1970 when Beazley first walked the beat in a Halifax police uniform. From there he worked in drug enforcement, criminal investigation, organized crime and

other specialized units. His last promotion, to chief, came in July 2003.

"My family has suffered for those 42 years, my dedication has been to Halifax and the surrounding areas," he told reporters Monday. "I just realized it was time to give something back to my family and that's the most important thing on my mind."

He said he'll miss his colleagues, but also the chase.

"Because first and foremost I've always been a police officer and not always the chief of police," Beazley said.

He will turn to his hobbies when he leaves his job, but he said he's open to sit on crime-prevention committees if asked.

As for his replacement, Beazley said normally a consultant is hired and a search is conducted nationwide. But there are people within HRP that could do the job, he said.

"I've spent a lot of time in the past few years trying to get people prepared, knowing that eventually I would be retiring, and a lot of them have gone out doing things to make themselves attractive for this kind of competition."



NEWS

On the web

Tupac rises

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Going off-label

Taking the birth-control pill to cure acne rather than prevent pregnancy? "Off-label" prescribing, as it's called, might be more common than doctors once thought. See metronews.ca for the story.

Mobile news



Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber-fortress came quietly. Scan the code for the story.

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Road salt impacting HRM lakes

Road salt can not only rust out your car, but damage HRM lakes too.

Tests from 2006 to 2011 show 11 HRM lakes tested above standards for chlorine from road salt in at least half of the tests. A consultants' report on the matter was added as an information item to Monday's environment and sustainability committee meeting.

"What it's telling us is there is a trend and it's something for us to monitor as we better implement road salt management practices," said Richard MacLellan, HRM's manager of sustainable environment.

The lakes testing high were Governor's Lake, Black Duck Pond, First Chain Lake, First Lake, Lake Micmac, Lovett Lake, Chocolate Lake, Lake Banook, Penhorn Lake, Russell Lake and Dent's Punch Bowl, Cowie Hill. Using brine and installing truck scales at salt depots to better monitor the amount of salt being used are two recent measures HRM has taken to reduce road salt, MacLellan said. And it's not only environmental reasons, but costs as well, he added.

Chlorine in lakes doesn't hurt people, but can be harmful in water ecosystems.

"There's concern around the micro-organisms that rely on a certain pH or salinity level, so when those are affected, that will affect the whole food chain," said Jocelyn Rankin, water coordinator for the Ecology Action Centre.

JENNIFER TAPLIN/METRO

Cops 'upset' by shooting involving bystander

Gunfire. Police arrest teen in connection with Fademasters Barbershop shooting

Halifax Regional Police say it's "very worrisome" that a bystander was hit by gunfire during a weekend shooting in Fairview.

An 18-year-old male was arrested Monday in relation to the incident that happened at Fademasters Barbershop on Titus Street. The teen is scheduled to appear in Halifax provincial court on Tuesday to face a variety of charges.

"It's the thing that we have feared as we've seen an increase in the number of shootings in metro, that an innocent bystander is caught up in one of these disputes," said police spokesman Const. Brian Palmeter. "So, certainly we're upset."

Just after 1 p.m. Saturday, shots rang out at the Fairview barbershop and when police

arrived they found a 41-year-old man with a gunshot wound to his leg. Police believe this man was not the intended target.

The intended target according to police, a 23-year-old man, showed up at hospital later with a gunshot wound.

Witnesses in the barbershop and people at neighbouring businesses told police they heard three or four shots.

"We believe the parties are known to one another. That the shooting is a result of an ongoing dispute between one of the victims and the suspect," Palmeter said. "This is another case of where people predominately involved in the criminal subculture are using guns to settle their disputes and they're showing a complete disregard for anyone else's safety."

Palmeter said officers arrested the teen at Albrow Lake Road in Dartmouth Monday.

Both victims in the shooting suffered non-life threatening injuries.

PHILIP CROUCHER/METRO



A pedestrian walks along Titus Avenue in front of the Fademasters Barbershop on Monday. Police have arrested an 18-year-old man in connection with a shooting inside the shop on Saturday. RYAN TAPLIN/METRO

HRM in dark about best way to switch streetlights



Coun. Debbie Hum. RYAN TAPLIN/METRO

HRM is figuring out how to switch streetlights to energy-saving LED bulbs.

The recent Energy Efficient Appliances Act requires HRM to convert all 40,500 streetlights from the standard light fixtures to Light Emitting Diode (LED). The conversion is expected to cost anywhere from \$60 to \$84 million and will take place over the next few years.

The matter landed in front

of the environment and sustainability standing committee on Monday.

They're looking at three possible scenarios for this complex task since over half of the lights are owned and maintained by Nova Scotia Power while the rest are left to HRM.

"There is a shared responsibility (between HRM and NSPI)," said Coun. Debbie Hum Monday. "This is a pretty com-

plicated and technical project, certainly a great undertaking, and has significant financial implications."

HRM began an LED pilot project in 2009 and purchased over 2,000 fixtures in 2010.

They found maintenance of LED lights were significantly cheaper than the current streetlights. And over the past five years HRM has spent \$300,000 annually for relamping and

other repairs to streetlights.

"You see the cost savings of approximately 50 per cent (for repair) and energy efficiency," said Hum. "It does over the longer term pay for HRM to convert to LED."

She said there are many unanswered questions regarding LED power and how HRM plans to move forward with the project and pay for it.

DREW CASFORD/FOR METRO

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NSP board. Former police chief demoted to officer

The Nova Scotia Police Review Board has ruled that a former police chief accused of writing an inflammatory letter about the RCMP should be demoted.

The board was looking at whether the Town of Stellarton was justified in terminating Amby Heighton as police chief in 2008 after he was accused of writing an unsigned letter critical of officers in the Pictou detachment.

In a 38-page decision released Friday, the board says that Heighton never accepted responsibility for writing the letter during public hearings, but he did admit to circulating it.

The board says in its decision that Heighton doesn't recognize the seriousness of the matter and he should no longer be the chief of police.



Amby Heighton
NEW GLASGOW NEWS

It concludes he should be reinstated at one rank below police chief and deserves a chance to resume his career as a police officer.

Heighton was unavailable for comment.

THE CANADIAN PRESS

Proposed legislation

Mortgage brokers may need license

The province is proposing new legislation aimed at tightening up the rules regulating the mortgage brokering industry.

Service Nova Scotia Minister John MacDonell says the new act would require all mortgage brokers to be-

come licensed and to meet industry training requirements before they are able to operate in the province.

Currently to become a broker, a person would only have to pay a licensing fee and pass a criminal background check. Brokers would also have to provide more transparency to consumers by disclosing the relationship between the broker and the lender.

THE CANADIAN PRESS

Survey. Transit in Nova Scotia not meeting needs

A new survey from Community Transit Nova Scotia reveals many people in the province don't feel like their transportation needs are being met.

The survey is part of the Provincial Community Transit Strategy Project and was conducted between November and March.

The survey shows one in five people don't own a vehicle and 32 per cent aren't satisfied with transportation in Nova Scotia.

Another 84 per cent re-

By the numbers

1,300

The number of people across Nova Scotia Community Transit surveyed

quire transportation for work and daily life, with 51 per cent not feeling like their transportation needs are meeting expectations.

METRO

Local 85100

Airport workers get new contract

Commissionaires at the Halifax airport have ratified a new collective agreement with their employer.

The deal between Local 85100 of the Public Service Alliance of Canada and Commissionaires Nova Scotia was negotiated with the help of a federal mediator.

The union local represents more than 150 commissionaires who provide security, ground transportation and parking services at the airport. THE CANADIAN PRESS

Lower Sackville

Teen boy robbed at gunpoint behind school

A 15-year-old boy has been the victim to an armed robbery in Lower Sackville.

Police say at around 6:30 p.m. Sunday the teen was walking along a pathway behind Leslie Thomas Junior High School when two men approached him, pushed him to the ground and stole his money while having a gun pointed in his direction. METRO



NSCC students could be paying more after a proposed tuition hike was announced on Monday. The college is also cutting 24 jobs. RYAN TAPLIN/METRO

Tuition hike, fee for NSCC students

Approval. Proposed changes need to be approved by province



JENNIFER TAPLIN
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Nova Scotia Community College balanced its budget, but at the cost of higher tuition, a new student fee and 24 job losses.

The college announced on Monday that they had to come up with solutions to address a \$5.37-million shortfall from rising costs and a small reduction to their base operating grant.

Tuition will go up \$84 for most students and the college is introducing a \$100 student fee to pay for technology, convocation and student ID cards.

Student reaction

"In my class, we're not sure what we get out of that (student fee), for that \$100. It's charged to us but yet we're not sure what we're getting for that money."

Tammy Churchill, NSCC student

"With a budget shortfall in mind, we devised a financial plan to go forward to minimize any impact on teaching and learning and any impact on the communities we serve," said Don Bureaux, NSCC president.

NSCC received an extra \$2.75 million from the province for shipbuilding training, but their overall, base operating grant was reduced.

Plus, NSCC was one of the last post-secondary institutions in the country that

didn't charge a student fee and couldn't hold out any longer, Bureaux said.

He said he doesn't think the fee and tuition increase will have an impact on enrollment since it's still affordable and in the "middle of the range" compared to other institutions.

Twenty-four positions will be lost through attrition, re-assignments and layoffs. This includes 11 non-union and 13 union jobs.

Bureaux said some of the

Job losses

- Co-ordinators. A statement by the Nova Scotia Teachers Union said eight of their members, college prep coordinators, are losing their jobs. These coordinators work with junior and senior high school students to encourage them to attend college after graduation.

positions were already vacant and others lost from retirements.

"We'll be continuously looking at the needs we have to serve and the staff commitments we have," he said.

Hydraulic fracturing put on hold

The province is putting a two-year hold on hydraulic fracturing, saying it needs more time to study a controversial oil and gas industry practice that has raised concerns about contamination of drinking water.

The government planned to release a review of the industry this spring, but it announced Monday that the report has been put off until mid-2014, prompting critics to suggest the ruling NDP is trying to avoid the

issue until after the next election. "They don't want to have to deal with it at the moment because it is politically sensitive and charged," said Liberal critic Andrew Younger.

Premier Darrell Dexter dismissed the election talk. "On this decision, I don't really think it matters when there is an election. This is about doing a scientific review and coming up with the right decision on it based on the science."

Energy Minister Charlie Parker said the government wants to study reviews being drafted by the U.S. Environment Protection Agency and Environment Canada. New York State, Quebec and New Brunswick are also studying fracking.

"We think it's important to get the best possible information that's out there and make an informed decision after we've learned all that," he said.

THE CANADIAN PRESS



Energy Minister Charlie Parker
RYAN TAPLIN/METRO

Confessed Norway shooter on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of “self-defence” in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

“Nobody believes that he cried out of pity for the victims,” said Mette Yvonne Larsen, a lawyer representing survivors and victim’s families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10

Mental state

The key issue to be resolved during the trial is Breivik’s mental state, which will decide whether he is sent to prison or into psychiatric care.

- Anxious to prove he is not insane, Breivik will call right-wing extremists and radical Islamists to testify during the trial, to show that others also share his view of clashing civilizations.
- One mental examination found him legally insane, while another said he wasn’t sick enough to be committed to psychiatric care instead of prison.

weeks. Eight people were killed in Breivik’s bombing of Oslo’s government district and 69 were slain in his shooting massacre at the left-leaning Labor Party’s youth camp on Utøya island outside the capital. Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies. **THE ASSOCIATED PRESS**



Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court, in Oslo, Norway. Breivik, who confessed to killing 77 people in a bomb-and-shooting massacre, went on trial in Norway’s capital Monday, defiantly rejecting the authority of the court. HEIKO JUNG/THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

PETER LINDHOLM

Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has

spawned mourning and outrage, a tale of love has also emerged. Sofie Tommeras Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utøya last July.

Metro Sweden spoke with Lyshagen, to hear her story.

You lost several close friends at the island.

Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjoren), my former boyfriend. And twenty other friends.

How do you recover after such an event?

I can’t answer that. I take one day at a time and for each day

it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?

After Breivik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love of the first sight?

I usually say it was love at first dip, but it was really afterwards, when we were safe on

land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?

We felt that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous. Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.



Sofie Tommeras Lyshagen, left, and Håkon Knudsen. CONTRIBUTED

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RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in British Columbia and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers, and she touched off a series of suits including a class-action that could involve more than 100 women. Callens said the allegations became public only weeks after he took command in British Columbia

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months, aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, an officer of 19 years from Nanaimo, B.C.

- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS



Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace in Santiago, Chile on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met President Pinera.

ADRIAN WYLD/THE CANADIAN PRESS

McSalt

Salt content can be lowered, despite fast food industry claims

Researchers are questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Menu items were compared from major chains around the world and salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

THE CANADIAN PRESS

Take Me Home! Jazzy

One year old Jazzy was found as a stray. Although she was skin and bones when first introduced to the SPCA, she is slowly putting on weight but will likely remain petite.



She loves to be scratched and stroked while she rolls over on her side and flexes her paws in contentment. Her amazing purr starts from the time you open the kennel door. It's almost hard to believe that such a small package could produce such a large purr! Jazzy is extremely friendly and although she does show some interest in playing, her main goal right now is just to receive love and affection. Please come to meet this wonderful feline today!

For more information on Jazzy and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they

first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help. "There is no conceivable scenario under which Canadian automotive

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

exports to these countries

would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday.

"Indeed, Japan's tariffs on automotive imports are already zero (despite which the country is one of the most closed auto markets in the world), so it is hard to imagine a free trade deal having any impact whatsoever on its auto purchasing patterns."

THE CANADIAN PRESS



A tower that trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. "The Donald" flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys.

VINCE TALOTTA/TORSTAR NEWS SERVICE

A MESSAGE from CAPITAL HEALTH

To the citizens and taxpayers we serve...

Capital Health has begun preparing for a possible strike that would affect hospitals, clinics and other health care centres in Halifax Regional Municipality and West Hants. Services across Nova Scotia and to patients from other Atlantic provinces would also be impacted.

Regrettably, Capital Health has been unable to reach a collective agreement with NSGEU Local 42. Capital Health cannot agree to the union's wage-related demands, which would add \$26.5 million a year to costs by the end of a three-year contract. That amount applied across the province's health care system could mean as much as an added \$137.5 million in taxpayers' dollars annually.

As a result, a strike by members of NSGEU Local 42 could begin as soon as Wednesday, April 25.

Capital Health respects the right of our unionized employees to take this action. Our responsibility now is to plan for a significant disruption in the services we provide. Our commitment, as always, is to deliver the safest care we can under given conditions.

Here's what you need to know:

- Local 42 is made up of many of the professionals who provide direct care and others whose roles support care. The group totals about 3,700 employees in 250 roles. To see a list of those roles, visit www.cdha.nshealth.ca.
- Registered nurses (NSGEU Local 97 and NSNU) and doctors are not part of this group.
- In the event of a strike:**
 - An "emergency services" agreement with the union means that care will focus only on situations where life is in danger.
 - Surgeries will be limited to emergency cases; others will be postponed.
 - Diagnostic imaging (MRI, ultrasound, PET/CT, X-ray) will be limited to emergency cases; others will be postponed.
 - Care will continue for patients already on dialysis, chemotherapy and radiation therapy; most other outpatient clinics will close.
 - Blood collection will be available only for individuals requiring immediate testing.
 - If your appointment or surgery needs to be postponed, you will be contacted and arrangements will be made to reschedule.

For up-to-date information, visit www.cdha.nshealth.ca, call 473-2700 in Halifax (1-855-473-2700 toll-free) or e-mail: yourcare@cdha.nshealth.ca.



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Housing. Vancouver weighs on market as home prices fall

The high-end housing markets of Toronto and Vancouver headed in opposite directions last month as the average price of a Canadian home fell, according to the Canadian Real Estate Association.

"You've got a tug-of-war," Gregory Klump, CREA's chief economist, said Monday, with fewer sales over \$1 million in Vancouver in March weighing on the national average, while high-end sales in Toronto picked up the pace.

"A year ago at this time, high-end sales in Vancouver were running at unusually high levels and they've since fallen back to earth and as a result you've got a year-over-year decline in aver-

age prices," he said.


Meanwhile in Toronto, Klump said sales of single detached homes over \$600,000 as a percentage of total sales have picked up as well as the high-end condo market.


The association said the national average home resale price in March was \$369,677, down from just under \$373,000 in February and \$371,591 in March 2011. That compared with an average residential price in Toronto last month of \$504,117, up from \$456,147 in March 2011, and an average residential price of \$761,742 in Vancouver last month, down from \$786,311 in the same month last year. THE CANADIAN PRESS


Market Minute

 **DOLLAR**
100.03¢
(-0.13¢)

Natural gas: \$2.016 (+3.5¢)
Dow Jones: 12,921.41 (+71.82)

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FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL



SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hear-

ing enthusiastic whispers about. I am, of course, referring to *Fifty Shades of Grey* by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, *Fifty Shades of Grey* is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my \$20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

For those who have read the book, it should come

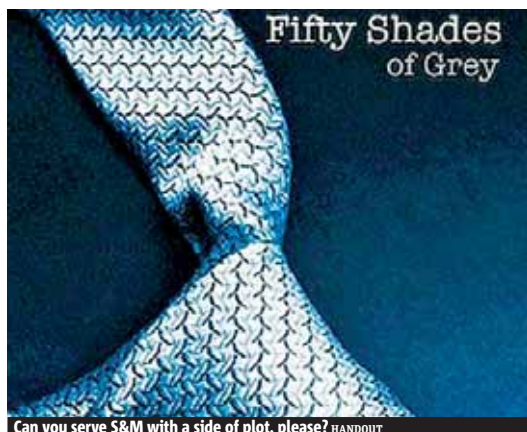
as no surprise that it originated from a piece of *Twilight* fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands



JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheel-chair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds



Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as road-worthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back \$60.



Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71%
BAD IDEA,
IT SHOULD
BE A
PRIVATE
MOMENT

29%
GOOD IDEA, IT'S
THE MODERN-DAY
VERSION OF
SHOUTING YOUR
LOVE



Twitter

@bryanadams:

Halifax. Was. Awesome. Thank you!

Beautiful day in #halifax for biking! It's great to see so many cyclists out and about on #Quinpool

@mapetitepomme:

I love spring streets in #Halifax, so many beautiful smiles and fun trends

@christiendeveau:

Off to Halifax for my last intense week of studying #unilife #cant-wait-to-bedone

@DontBeShyHFX:

Not a bad start to the week in #Halifax. 15 and sunny!

@giguere11:

I'm going to a big game tonight Halifax Mooseheads against the Quebec Remparts!!!! Game 6

@HalifaxCycles:

2

SCENE

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web



Jack White to live stream New York concert with Gary Oldman directing

Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.

Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS

scene@metronews.ca



Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.



Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.



True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.



Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.



Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.



Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest glee in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.



Doctor Who TARDIS-inspired men's tie

The doctor is in... your wardrobe! With this fashionable tie, you'll do the Time Lord proud.



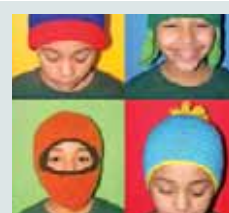
The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.



Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.



South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.



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Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're

a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than \$1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?



THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an in-

vestigation.

"If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soutrait, who was in the backseat of the car).

If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.



Not forgetting Michelle Williams

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the *How I Met Your Mother* actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures.

"They're much more serious than everyone thinks," a source says. "They're really happy."



Jason Segel

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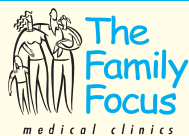
LIFE

On the web



Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

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Charles Duhigg, author
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puts you to the test

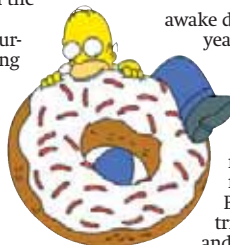
ROMINA
MCQUINNNESS
Metro World News

**1. When you feel an urge to
eat a cookie, you:**

- A. Ignore it and power through the task at hand.
- B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
- C. Start looking for an excuse to go to the cafeteria.
- D. Run to the cookie tray in the break room.

**2. When you see a donut
box sitting on a counter,
you:**

- A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
- B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
- C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
- D. Excuse me while I wipe this powdered sugar off my chin.



3. Every morning you:

- A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
- B. Eat something healthy and, if you have some extra time, stretch or exercise.
- C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
- D. Morning? I haven't been



Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

awake during the morning in years.

**4. When you want
to create a new
habit, you:**

- A. Program your mind circuitry with a new algorithm.
- B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
- C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
- D. Decide that a new habit sounds like too much work.

**5. To start training for a
triathlon, you:**

- A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play.
- B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that

interfere with your plans.

- C. Tell your sister you have signed up for a triathlon, and then forget to train.
- D. Sell your entry on eBay.

**6. When you are sitting at a
restaurant eyeing the basket
of dinner rolls, you:**

- A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
- B. Put the rolls out of your line of sight, so they won't tempt you.
- C. Pour salt all over the rolls, and then pepper.
- D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

**7. If you are worried that you
are drinking too much, you:**

- A. Never have another alcoholic beverage as long as you live.
- B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Be-



cause it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.

- C. Switch from cocktails to half of an after-dinner glass of wine or beer.
- D. Abandon liquor for hard drugs.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.

- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.

- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.

- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?

**8. After having a child, your
top priority is:**

- A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
- B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
- C. Doing everything I can to model healthy and happy habits in my marriage and life.
- D. Disproving paternity.



Devera Giles,
owner

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The devil is in those details — know your enemy when it comes to eating red meat

The jury might still be out on the tastiest meals. But one thing is clear: you should avoid processed red meats at all costs

CELIA MILNE
life@metronews.ca

Is there a healthy amount of red meat?

The pendulum is swinging back and forth on this. While a recent large-scale study done at Harvard University showed every extra daily serving of red meat increased the risk of dying prematurely by 13 per cent, two other studies found no association between eating red meat and dying early.

On balance, two things seem clear. One is that it's better to cut down on red meat, and the other is that processed red meats — such as sausages, hot dogs, bacon



Red meat isn't bad for you but be careful with the kinds of red meat you consume. ISTOCK PHOTOS

and salami — are the real enemies of long-term good health.

We asked Halifax dietitian Tristaca Caldwell what advice she gives to clients about red meat.

"I generally recommend a

2-2-2-1 rule: Each week, aim to have two servings of lean red meat, two servings of lean poultry, two servings of fatty fish and at least one vegetarian meal," she says.

"This ensures we are getting low amounts of saturat-

ed fat and adequate amounts of essential fatty acids, such as omega-3 and omega-6."

An appropriate serving size for meat, according to Caldwell, is about the size of a deck of cards.

She adds that red meat is a

great source of iron, protein, zinc, vitamin B6 and B12, as well as conjugated linoleic acid. But it is higher in saturated fat than poultry and fish, so it can increase our risk of high cholesterol and heart disease.

Reflecting

Returning to the art of living a simple life

A time comes when we have to put our energy into the basics, and let go of excess.

Our lifestyles tend to be complex and we need to make the time to pull back and focus on what matters most — what do we really want?

And what do we know that we don't want?

These are simple questions that will help you answer bigger questions down the road.

When you focus on the simple things in your day to day life the stressful parts will take care of themselves.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Best Health

Really? A hangover cure that works



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In each issue of Best Health magazine, we look at the latest research to help Canadian women feel great and live better.

In the May issue, on newsstands now, freelance

writer Lisa Bendall looked into what sounds like a truly promising remedy for hangovers — just in case there's a chance you may experience one in future.

In fact, researchers at the University of California, L.A., have isolated a plant extract that not only may help hangovers, but could cure alcoholism.

The compound is from the fruit of hovenia dulcis, a tree native to Asia.

It's been used as flavouring in Chinese cooking for hundreds of years. In the researchers' animal experiments, the compound (called DHM) appeared to

prevent alcohol dependence and withdrawal symptoms, along with easing hangovers. DHM binds to special brain cell receptors, preventing alcohol from acting on these receptors. Unlike current pharmaceutical treatments, there are no side effects, say researchers. DHM increases the activity of enzymes that metabolize alcohol, helping the body eliminate it faster and lessening the effects on the liver and other systems.

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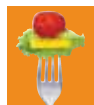
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New menu items at Lion's Head add to the bar's appeal



Sheppard's Pie (\$10). VALERIE MANSOUR



LUNCH RUSH
Valerie Mansour
life@metronews.ca

There was a time when pretty well nothing was edible at the Lion's Head Tavern — a shame since it

is the only bar in the neighbourhood and has a deck. Well, times have changed.

A newish menu includes the usual bar favourites such as steaks, fish and chips and liver and onions, as well as several varieties of surprisingly trendy poutine.

Sheppard's Pie (\$10) — traditionally called Shepherd's — is tasty with lots of ground beef and gravy topped with corn kernels, mashed potatoes and cheddar cheese melted over top. It's a steaming hot dish of filling comfort food.

Hot Turkey Sandwich (\$9

or \$11 with white meat) is well-drenched in rich, dark gravy. The meat is a bit dry, but it's a decent, satisfying bar sandwich with no surprises. Accompanying sweet potato fries (\$2 extra) are yummy.

Lion's Head food had nowhere to go but up. It's well on the way.

Visiting the restaurant

Lion's Head Tavern & Grill

Address. 3081 Robie St.

Phone. 455-0181

Rating. 3/5

Price range. \$\$

Client negotiations. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Reservations. Yes

Mashed Carrots. This colourful side dish is a great addition to dinner



1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

Advice

Tips for tipping



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.

Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

So now the final part of your question, how much?

I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues



A 10-per-cent tip seems fair for a delivery person. ISTOCK

who agree with the 10 per cent suggestion. Now remember a tip has to be earned — the driver should be on time,

polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip

based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

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Top 5: April 16th

- 5 The Wanted Glad You Came
- 4 Karmin Broken Hearted
- 3 Justin Bieber Boyfriend
- 2 Nicki Minaj Starships
- 1 One Direction What Makes You Beautiful

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4

SPORTS

Quoted

"One thing we have to do much better is the quality of shots. They didn't have a lot of shots but they took a lot of nice shots. Us, it was in the pad, or in the glove, and we need to have better shots, and we need to do a better job in front of the net to screen their goalie."

Quebec Remparts head coach Patrick Roy on a key to winning Game 7.

Quoted

"We wanted to give ourselves a chance to be playing for the series. Obviously now we're there. We want to win it. Playing a Game 7, obviously, we want it."

Halifax Mooseheads head coach Dominique Ducharme on his team's mentality heading into Game 7.

On the web

For coverage of Game 7 from Colisee Pepsi, follow @metroqfiles on Twitter or visit the Q Files blog at www.metronews.ca/qfiles

Mooseheads win again to force Game 7

Winner-take-all. Remparts 'not panicking' despite letting Mooseheads back from 3-0 deficit



MATTHEW WUEST
matthew.wuest@metronews.ca

Martin Lefebvre was the last man standing in the Quebec Remparts' dressing room at Colisee Pepsi when journalists were finally allowed to enter on Monday night.

Following a 5-2 loss to the Halifax Mooseheads that puts the Remparts on the verge of an epic collapse in the QMJHL quarter-final, many of the veteran defencemen's teammates slipped out a side door and left the 19-year-old to address a throng of media by himself.

"We're not panicking," said Lefebvre, an assistant captain who almost appeared startled to find himself on his own. "We know we need to play better than this and we just need to refocus and play better."

The Mooseheads hadn't beaten the Remparts in the Colisee Pepsi all season, and 11,781 fans — clad largely in red — showed up on Monday hoping to ensure that trend continued.

But the Mooseheads scored first just 74 seconds in, received a gigantic six-for-seven effort from their penalty-killers, and were buoyed yet again by their 16-year-old superstar trio of Jonathan Drouin (two goals, two assists), Nathan MacKinnon (goal, two assists) and Zach Fucale (33 saves).

It was the widest margin

of victory all series and brings the Mooseheads back from a 3-0 deficit to force Game 7 on Tuesday at 8 p.m.

"We played consistently throughout the game," said Mooseheads forward Brent Andrews. "We couldn't ask for much more. Everybody contributed. We're definitely very happy with that effort."

Things turned ugly in the third period when Mooseheads defenceman Trey Lewis suffered an apparent knee injury being hit by Mathieu Lavallee. Forward Brad Cuzner was later lost after taking a high stick in the face from ex-Mooseheads winger Gabriel Desjardins.

Desjardins, the Remparts' leading scorer in the series, received a match penalty and a video will automatically be sent to the QMJHL for review.

Cuzner won't play in Game 7, Mooseheads general manager Cam Russell said late Monday night. Head coach Dominique Ducharme said the 19-year-old was on the bench when Desjardins caught him "under the visor."

Lewis, meanwhile, left the ice in obvious discomfort and is being called a game-day decision.

Possible suspensions and injury absences aside, the Remparts are suddenly facing elimination for the first time all season, and head coach Patrick Roy said he hopes that brings out the best in his players.

"We need to be as desperate as they are," Roy said during his post-game media address. "Since Game 3, they've become very desperate, and we're gonna have to match that. They're winning all their one-and-one battles, and we're gonna have to be better."



Halifax Mooseheads Austyn Hardie, right, and Quebec Remparts Alexandre Comtois collide during first period playoff action Monday night at the Colisee in Quebec City. JACQUES BOISSINOT/THE CANADIAN PRESS

Cherry sides with Crosby's tough-guy style



Sidney Crosby speaks with Claude Giroux of the Philadelphia Flyers during a fight-filled game Sunday in Philadelphia. BRUCE BENNETT/GETTY IMAGES

Don Cherry stood up for some of his usual targets on Monday night.

The hockey commentator defended Sidney Crosby, NHL commissioner Gary Bettman and league disciplinarian Brendan Shanahan during his Coach's Corner segment on CBC's "Hockey Night in Canada."

Crosby had been criticized by members of the media for his role in a fight-filled 8-4 loss by his Pittsburgh Penguins to the Philadelphia Flyers on Sunday.

"(Crosby) could've bailed in that game," said Cherry. "(Pittsburgh was down) 7-4, they weren't going anywhere.

Quoted

"(Crosby) even double shifted to get out there and I gotta tell you something, I admire him more for doing that than anything."

Hockey commentator Don Cherry defended Sidney Crosby Monday.

Cherry then went on to say that he felt the Penguins' captain was justified in his physical play with Flyers star Scott Hartnell, noting that the Philadelphia forward had been pulling Crosby around

by his stick.

Ron MacLean, the co-host of Coach's Corner, pointed out that Cherry had criticized Crosby in the past.

Most recently, Cherry called out Crosby on the April 7th edition of the show. In that episode, Cherry said Crosby made trouble for himself on and off the ice and that if he wanted to be the best like NHL Hall of Famers Wayne Gretzky and Bobby Orr, he had to stop mixing it up with his opponents.

On Monday, however, Cherry allowed that that confrontational style may benefit Crosby.

THE CANADIAN PRESS

NHL. Rangers get one more save than Senators



Brian Boyle celebrates his goal Monday in Ottawa. RICHARD WOLOWICZ/GETTY IMAGES

Brian Boyle scored the winner as the New York Rangers defeated the Ottawa Senators 1-0 Tuesday night to take a 2-1 lead in their best-of-seven Eastern Conference quarter-final series.

Henrik Lundqvist earned the shutout stopping 39 shots, while Ottawa's Craig Anderson stopped 22 shots.

Lundqvist's biggest save

came in the last minute of regulation, robbing Kyle Turris with a quick pad save.

The Senators were forced to play without captain Daniel Alfredsson who continues to suffer the effects from a hit to the head by Carl Hagelin in Game 2. Bobby Butler replaced Alfredsson.

THE CANADIAN PRESS

Canucks

Daniel Sedin travels to Los Angeles

Daniel Sedin is returning to practice with the Vancouver Canucks as they attempt to avoid a shocking playoff exit.

Sedin has been sidelined with an apparent concus-

sion for 12 games, including the Canucks' three straight losses to the eighth-seeded Los Angeles Kings. The 30-goal scorer and former Hart Trophy finalist is flying to Los Angeles to join the Canucks at practice Tuesday before Game 4 against the Kings on Wednesday.

THE CANADIAN PRESS

Goals start to flow as Bruins one-up Capitals

NHL. Boston manages to put four past Holtby to take series lead

Zdeno Chara scored the tie-breaking goal during four-on-four play with less than two minutes left, and the reigning Stanley Cup champion Boston Bruins finally solved playoff rookie goalie Braden Holtby, beating the Washington Capitals 4-3 Monday night to take a 2-1 lead in the first-round series.

Chara's shot from the right circle appeared to get deflected on its way past Holtby. The Bruins captain also had two assists.

Tim Thomas, last season's playoff MVP, made 29 saves and ignored the taunting from fans who held up photos of President Barack Obama, reminding Boston's goalie that he turned down a trip to the White House in January with his teammates.

Game 4 is Thursday in Washington before the series



Boston's Daniel Paille scores on Capitals goalie Braden Holtby in Washington Monday night. NICK WASS/THE ASSOCIATED PRESS

shifts to Boston for Game 5 on Saturday.

Brian Rolston, Rich Peverley and Daniel Paille also scored for the Bruins.

Alex Ovechkin, Alexander

Semin and Brooks Laich got Washington's goals. Laich scored on a breakaway with six minutes left to make it 3-3, but Chara came through with 1:53 remaining for second-seeded

Boston.

Holtby, who blocked 72 of 74 shots through the first two games, was good but not great Monday, making 25 saves.

THE ASSOCIATED PRESS



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Miscellaneous

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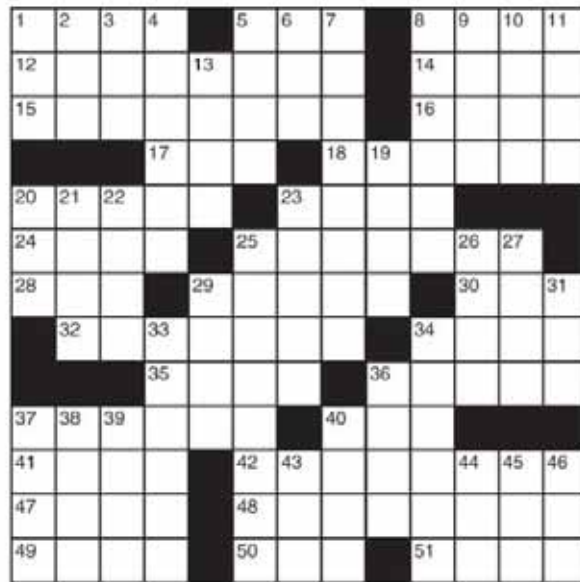
Crossword

Across

- 1 Spirited horse
- 5 Needlefish
- 8 Roe provider
- 12 Collection of information
- 14 Cab
- 15 Like some grapes
- 16 Hold the scepter
- 17 Dolores — Rio
- 18 Act of grooming oneself
- 20 Tartan pattern
- 23 Incurion
- 24 Mysterious letter
- 25 Foolish
- 28 Superlative suffix
- 29 Hereditary bits
- 30 Atmosphere
- 32 Bad with a bat
- 34 Pre-swan
- 35 Croupier's tool
- 36 Charmer's pet
- 37 Turn into
- 40 [Uncorrected]
- 41 Beige
- 42 Unnecessary
- 47 Fleet component
- 48 Carriage
- 49 "It's good — the king"
- 50 Tackle moguls
- 51 — ex machina

Down

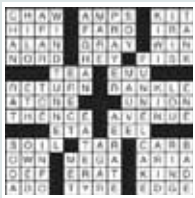
- 1 Billboards
- 2 Actress Charlotte
- 3 Dined on
- 4 Villain
- 5 Author Greene
- 6 Donkey
- 7 Paraphrases
- 8 Pace
- 9 Amount of booty
- 10 Wheel-base terminus
- 11 Regimen
- 13 Evidenced a pinprick
- 19 Rembrandt's supply
- 20 Opposite of "post"
- 21 Luxurious
- 22 Con
- 23 Rid of lather
- 25 Saturdays and Sundays
- 26 Long story
- 27 Fabric made by worms
- 29 Glitz
- 31 Deli bread
- 33 Acting company
- 34 Naked
- 36 Faction
- 37 Top-rated
- 38 Reverberate
- 39 Nursery item



- 40 Big rig
- 43 "A mouse!"
- 44 Compass letters

- 45 Old French coin
- 46 4th-yr. students

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA
LTX T BTQR UNNASYDJC
HUWQX LR FR MTQQRX
KLR SYDJMR UN HLTQRA?
Yesterday's Cryptoquip: WHEN SOMEONE
ANSWERS "NO" TO "WILL YOU MARRY ME?", I
SUPPOSE THAT'S PROPOSITION OPPOSITION.
Today's Cryptoquip Clue: N equals P

Horoscope

♈ Aries | March 21 - April 20.

You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

♉ Taurus | April 21 - May 21.

Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

♊ Gemini | May 22 - June 20.

All things are possible if you truly believe.

♋ Cancer | June 21 - July 22.

Find a quiet, secluded place and listen to your own inner voice.

♌ Leo | July 23 - Aug. 22.

Ignore

those who say you should discuss what you are planning to do and just get on and do it.

♍ Virgo | Aug. 23 - Sept. 22.

The planets urge you to think before you act and act only if you really have to.

♎ Libra | Sept. 23 - Oct. 22.

Everything will work out for the best in the end — somehow it always does.

♏ Scorpio | Oct. 23 - Nov. 21.

You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

♐ Sagittarius | Nov. 22 - Dec. 21.

Refuse to get involved in any-

thing you have doubts about.

♑ Capricorn | Dec. 22 - Jan. 20.

Try not to say anything that might upset the people you work with, especially those in positions of authority.

♒ Aquarius | Jan. 21 - Feb. 18.

Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

♓ Pisces | Feb. 19 - March 20.

Everyone knows how sensitive you can be but even by your standards you will go over the top today.

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Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	0	6	7	5
8	9	5	2	0	7	3	4	1
6	7	1	3	4	5	8	2	0
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	0	6	4	5	8
4	5	9	8	3	1	2	6	7
7	0	6	5	2	4	1	9	3



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

17°/7°
Variable

Wednesday

16°/3°
Variable

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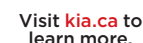
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